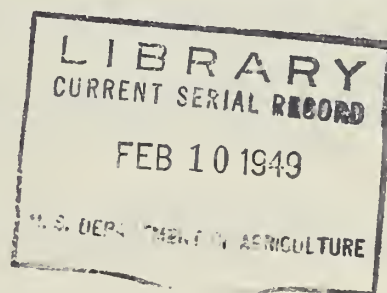


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SCHOOL LUNCH RECIPES USING FISH



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SCHOOL LUNCH RECIPES USING FISH

Fish in some form--fresh, frozen, canned, salted--is available in all parts of the country. For the school lunch it is a relatively inexpensive protein-rich food that may well be used to add variety to the menus.

The recipes in this publication have been developed especially for the school lunch program. They conform to the protein-rich food requirement for Type-A meals set up by the Production and Marketing Administration.

The recipes are arranged so that they can be cut apart and added to the card file, "School lunch recipes for 100."

Nutritive Value of Fish

The many kinds of fish differ somewhat in the amounts of nutrients they supply. All supply proteins of high quality. Some kinds, notably the red salmon, furnish appreciable amounts of vitamin A, and quite a number supply B vitamins, especially niacin. Some also provide appreciable quantities of essential minerals.

Frozen Fish Fillets

In recent years a considerable trade has developed in frozen fish fillets so that now most varieties are available throughout the United States the year around. Fillets are the meaty sides of the fish cut lengthwise away from the backbone. They are practically boneless. For institutional use the fillets come in 5-, 10-, and 20-pound cartons, either in individually wrapped packages of approximately 1 pound or in a solid mass.

Frozen fish fillets should be delivered still frozen and kept frozen until needed. Once the fillets are thawed use them immediately. Never refreeze.

The best way to thaw the fillets is to place the pound packages, on trays, in the refrigerator, allowing about 18 hours. If necessary to thaw the fillets more quickly, let them stand at room temperature for 3 or 4 hours. In a solid pack, the fish will need a much longer thawing period.

Rosefish fillets, often marketed under such names as redfish, red perch, sea perch, or ocean perch, require no trimming before cooking. Whiting fillets are usually marketed as butterfly fillets, which are the unseparated sides of the fish and consist of two single fillets held together by uncut meat. To prepare butterfly fillets for cooking cut them in half lengthwise, removing the back fin bones. Also remove any fin bones along the edge of the fillets.

Fish fillets vary considerably in size. Two or three rosefish fillets may be needed for a serving. Some trimmed whiting fillets may need to be cut into smaller pieces; others may need to be combined to make one portion.

Canned Fish

Many kinds of canned fish, both flaked and solid pack, are available on the market. Varieties include cod, pollock, mackerel, salmon, tuna, and others. Canned fish come packed in a wide range of weights from 3-3/4 ounces to 16 ounces. A cool place, preferably not above 70° F., is best for storing canned fish.

In the canning of fish the bones are softened and may be eaten as a source of calcium and phosphorus. Since the liquid in "natural-pack" canned fish, such as salmon, contains soluble minerals, vitamins, and protein, it should be used whenever possible.

The salt content of canned fish varies. Therefore, it is suggested in the recipes that salt be added as needed.

Precautions with Fish Mixtures

To preserve good flavor and to guard against spoilage, prepared fish mixtures such as sandwich fillings and salads just before serving, if possible. If they must be made several hours in advance, keep them in the refrigerator. Do not hold fish mixtures overnight.

Garnishes for Fish

The importance of garnishes with fish cannot be emphasized too much. A dash of color or a bit of something crisp increases the eye appeal and makes the dish more appetizing. The following are suggestions:

- Beets--Cooked whole or sliced
- Carrots--Tops, sticks, curls, or shredded
- Celery--Tops, hearts, sticks, or curls
- Green peppers--Sticks or rings
- Hard-cooked eggs--Slices, wedges, or grated yolks
- Parsley--Sprigs or chopped
- Lemons--Slices or wedges
- Lettuce--Leaves or shredded
- Paprika--Sprinkled sparingly
- Pickles--Whole, sliced, or chopped
- Radishes--Whole, sliced, or roses
- Water cress--Sprigs or chopped

FISH CHOWDER (WITH FRESH FISH)

Soups and Chowders

100 Portions	Ingredients	Portions	Cost
13 pounds	Fresh or frozen fish*		
1-1/2 pounds	Salt pork		
4 pounds	Onions		
18 pounds	Potatoes		
1-1/2 gallons	Water		
6 ounces (3/4 cup)	Sifted flour		
2-3/4 gallons	Milk		
1/2 cup	Chopped parsley		

Portion: 1 cup.

Provides about 2
ounces protein-rich
food, 1/2 cup
vegetable.

Total cost _____

Cost per portion _____

1. Cut fish into small pieces.
2. Cut salt pork into 1/4 inch cubes. Fry until crisp.
3. Peel and slice onions. Add to salt pork drippings. Brown lightly.
4. Pare and dice potatoes. Add potatoes, water, and fish to pork-onion mixture. Simmer until potatoes are tender.
5. Blend flour and 2 cups of milk. Add to remainder of milk and stir slowly into hot mixture. Cook until smooth, stirring constantly.
6. Add parsley. Cook 10 minutes longer.

* Salt cod may be used. Soak in warm water about 2 hours. Drain. Canned flaked fish may also be used.

CODFISH-POTATO CAKES (WITH SALT CODFISH)

Main Dishes

100 Portions	Ingredients	Portions	Cost
7 pounds	Salt codfish		
18 pounds	Potatoes		
3 ounces (6 tablespoons)	Fat		
2/3 cup	Finely chopped onion		
1-1/2 ounces (6 tablespoons)	Sifted flour		
2-1/2 cups	Hot milk		
8 (1-1/2 cups)	Eggs, beaten*		

Portion: 2 cakes.

Provides 2 ounces
protein-rich food,
1/3 cup vegetable.

Total cost _____

Cost per portion _____

1. Cut fish into small pieces. Soak in warm water about 2 hours. Drain.
2. Boil or steam potatoes, peel and mash.
3. Make sauce: Melt fat. Add onion and brown lightly. Add flour, blending to a smooth paste. Stir rapidly into the milk. Cook until thickened, stirring constantly.
4. Mix potatoes, sauce, fish, and eggs.
5. Use a No. 16 scoop (1/4 cup) to measure portions. Form into cakes and flour lightly.
6. Brown on both sides in hot fat. Keep warm in a slow oven (300° F.).

* 4 ounces (1 cup firmly packed) dried whole egg and 1-1/4 cups water beaten together may be used in place of shell eggs.

BAKED FILLETS (WITH FROZEN FILLETS)

Main Dishes

100 Portions	Ingredients	Portions	Cost
20 pounds	Rosefish fillets*		
1/4 cup	Finely chopped onion		
1/4 cup	Salt		
3 tablespoons	Paprika		
1-1/4 pounds (2-1/2 cups)	Salad oil or melted fat		
1-1/4 cups	Lemon juice		

Provides approximately _____ Total cost _____
 2 ounces protein-rich
 food per portion. Cost per portion _____

1. Thaw fillets. Divide into 100 portions, using 3 ounces as an average weight. Place on four well-greased bun pans (16 by 24 inches).
2. Add onion, salt, and paprika to oil. Gradually add lemon juice, beating continually until blended. Brush mixture over the fillets.
3. Bake in a moderate oven (350° F.) about 30 minutes or until the fish flakes easily when tested with a fork.

* Whiting fillets may be substituted. Thaw and trim. Divide into 100 portions, using 2-1/2 ounces as an average weight.

BAKED FILLETS IN SPANISH SAUCE (WITH FROZEN FILLETS)

Main Dishes

100 Portions	Ingredients	Portions	Cost
20 pounds	Rosefish fillets*		
1 pound (2 cups)	Ground onion		
8 ounces (1 cup)	Salad oil or melted fat		
6 ounces (1-1/2 cups)	Sifted flour		
1 No. 10 can (about 3 quarts)	Tomatoes		
2/3 cup	Ground green pepper		
3 tablespoons	Salt		
2 tablespoons	Sugar		
1/4 teaspoon	Crushed bay leaves		
1/8 teaspoon	Ground cloves		

Provides approximately _____ Total cost _____
 2 ounces protein-rich
 food per portion. Cost per portion _____

1. Thaw fillets. Divide into 100 portions, using 3 ounces as an average weight. Place on four well-greased bun pans (16 by 24 inches).
2. Make sauce: Cook onion in fat until tender. Blend flour with about 3 cups of tomato liquid and mix with remaining tomatoes. Add green pepper and seasonings to tomato and blend into onion-fat mixture. Cook about 30 minutes until thickened, stirring occasionally.
3. Cover fish with the sauce. Bake in a moderate oven (350° F.) about 35 minutes or until the fish flakes easily when tested with a fork.

* Whiting fillets may be substituted. Thaw and trim. Divide into 100 portions, using 2-1/2 ounces as an average weight.

OVEN-FRIED FILLETS (WITH FROZEN FILLETS)

Main Dishes

100 Portions	Ingredients	Portions	Cost
20 pounds	Rosefish fillets*		
2 tablespoons	Salt		
About 1 quart	Milk		
About 2 quarts	Fine dry bread crumbs		
1 pound (2 cups)	Salad oil or melted fat		

Provides approximately 2 ounces protein-rich food per portion. Total cost _____
Cost per portion _____

1. Thaw fillets. Divide into 100 portions, using 3 ounces as an average weight.
2. Add salt to milk. Dip fillets in milk, then roll in crumbs, using a small amount at a time. Place on four well-greased bun pans (16 by 24 inches).
3. Sprinkle each fillet with melted fat.
4. Bake in a very hot oven (500° F.) about 15 minutes or until fish is browned and flakes easily when tested with a fork.

* Whiting fillets may be substituted. Thaw and trim. Divide into 100 portions, using 2-1/2 ounces as an average weight.

FISH LOAF (WITH CANNED FLAKED FISH)

Main Dishes

100 Portions	Ingredients	Portions	Cost
13 14-ounce cans	Flaked cod or pollock*		
1 dozen	Eggs, beaten**		
1-1/2 pounds (1 gallon)	Soft bread cubes		
2 quarts	Cooked tomatoes		
1 cup	Chopped parsley		
6 ounces (1 cup)	Chopped onion		
1-1/3 tablespoons	Celery salt		
	Salt, as needed		
8 ounces (1 cup)	Table fat, melted		
3 cups	Fine dry crumbs mixed with fat		

Portion: About 1/3 cup. Total cost _____
Provides 2 ounces protein-rich food. Cost per portion _____

1. Thoroughly combine all ingredients except the crumbs. This may be done with the mixer on low speed, using the beater.
2. Place in three well-greased baking pans (12 by 18 inches) and top with crumbs. Bake in a moderate oven (350° F.) for about 45 minutes or until loaf is firm in the center.

* 11 pounds (about 1-3/4 gallons) of other cooked or canned fish flakes may be used.

** 6 ounces (1-1/2 cups firmly packed) dried whole egg and 1-3/4 cups water beaten together may be used in place of shell eggs.

FISH SALAD (WITH CANNED FLAKED FISH)

Main Dishes

100 Portions	Ingredients	Portions	Cost
11 14-ounce cans	Flaked cod or pollock*		
2 dozen	Hard-cooked eggs, chopped		
1-1/2 pounds (1-1/2 quarts)	Diced celery		
3 No. 2 cans (1-1/2 quarts)	Green peas		
6 ounces (1 cup)	Chopped onion		
3/4 quart	Chopped sweet pickles or pickle relish		
1-1/2 quarts	Mayonnaise or salad dressing		
	Salt, as needed		

Portion: 1/3 cup. Total cost _____
 Provides 2 ounces protein-rich food. Cost per portion _____

1. Separate fish into small flakes.
2. Toss all ingredients together lightly until well blended. Chill.
3. Using a No. 12 scoop (1/3 cup) to measure portion, place mixture on lettuce and garnish with parsley, paprika, or other suitable garnish.

* 10 pounds (about 1-2/3 gallons) of other cooked or canned fish flakes may be used.

FISH SHORTCAKE (WITH CANNED FLAKED FISH)

Main Dishes

100 Portions	Ingredients	Portions	Cost
11 14-ounce cans	Flaked cod or pollock*		
3/4 pound (2 cups)	Chopped onion		
12 ounces (1-1/2 cups)	Fat		
1-1/4 pounds (1-1/4 quarts)	Sifted flour		
1-3/4 gallons	Milk **		
1-1/2 pounds	Cheese, grated		
	Salt, as needed		
1 dozen	Hard-cooked eggs, sliced		

Portion: 1/2 cup. Total cost _____
 Provides 2 ounces protein-rich food. Cost per portion _____

1. Separate fish into small flakes.
2. Make sauce: Cook onion in fat until tender. Blend flour with 3 quarts of the milk. Scald remaining milk and add fat-onion and flour-milk mixtures. Cook until thickened, stirring occasionally. Add cheese and blend.
3. Add the fish flakes to the sauce. Add salt, if needed. Heat before serving.
4. Serve on split biscuit, toasted buns or corn bread. Garnish with a slice of egg, and if desired a sprig of parsley.

* 11 pounds (about 1-3/4 gallons) of other cooked or canned fish flakes may be used.

** 1-3/4 pounds (1-3/4 quarts) nonfat dry milk beaten into 1-3/4 gallons of water may be used in place of fluid milk.

SALMON LOAF (WITH CANNED FISH)

Main Dishes

100 Portions	Ingredients	Portions	Cost
1-1/2 pounds	Rice, uncooked		
1-1/8 pounds (4-1/2 cups)	Dried whole egg, firmly packed		
1-1/2 quarts	Water		
2 quarts	Milk		
5 tablespoons	Salt		
10 No. 1 cans (8 pounds)	Salmon*		
1/2 cup	Lemon juice		
1-1/2 table- spoons	Lemon rind		
6 ounces (1 cup)	Finely chopped green pepper		
1 cup	Chopped parsley		
2 quarts	Fresh bread crumbs		
3 tablespoons	Baking powder		

Portion: 1/2 cup. Total cost _____
 Provides 2 ounces
 protein-rich food. Cost per portion _____

1. Cook rice until tender in boiling salted water (1 gallon water and 3 tablespoons salt). Drain.
2. To the dried egg add 3 cups of water and beat until smooth. Add remaining 3 cups of water; beat well. Add milk and salt.
3. Flake salmon and combine with salmon liquid, lemon juice and rind, green pepper, parsley, bread crumbs, and rice.
4. Mix baking powder with egg mixture, and add to other ingredients.
5. Pour into three greased baking pans (12 by 16 inches), set in pans of hot water, and bake in a moderately hot oven (400° F.) about 45 minutes.
6. Serve with a sauce (see Tomato Sauce).

*Cooked flaked fresh salmon may be used.

TOMATO SAUCE (WITH TOMATO PASTE)

Sauces

100 Portions	Ingredients	Portions	Cost
2 ounces (1/4 cup)	Sugar		
3 tablespoons	Salt		
6 ounces (1-1/2 cups)	Sifted flour		
1-1/2 pounds (2-1/2 cups)	Tomato paste		
2 quarts	Water		
1/2 cup	Finely chopped onion		
6 ounces (3/4 cup)	Fat		
1 tablespoon	Horseradish		
2 tablespoons	Lemon juice		

Portion: 2 tablespoons. Total cost _____
 Cost per portion _____

1. Blend sugar, salt, and flour. Add gradually to tomato paste, mixing thoroughly.
2. Gradually add water; then onion and fat.
3. Simmer until thickened, stirring constantly.
4. Add horseradish and lemon juice.

FISH SANDWICH FILLING (WITH CANNED FLAKED FISH)

Sandwiches

100 Portions	Ingredients	Portions	Cost
15 14-ounce cans	Flaked cod or pollock*		
3 pounds (2 quarts)	Coarsely ground cabbage		
1-1/8 pounds (1 quart)	Finely ground carrots		
1-1/2 cups (15-ounce bottle)	Tomato catsup		
About 1-1/4 quarts	Salad dressing or mayonnaise		
	Salt, as needed		

Portion: 1/3 cup. Total cost _____
 Provides 2 ounces protein-rich food. Cost per portion _____

1. Separate fish into small flakes.
2. Toss all ingredients together.
3. Use a No. 12 scoop to measure portions.

* 13 pounds (about 2-1/4 gallons) of other cooked fish flakes may be substituted.

HOT FISH SANDWICHES (WITH CANNED FLAKED FISH)

Sandwiches

100 Portions	Ingredients	Portions	Cost
8 14-ounce cans	Flaked cod or pollock*		
12 ounces (2 cups)	Chopped green pepper		
8 ounces (1 cup)	Fat		
3-3/4 dozen	Eggs, slightly beaten**		
1-1/4 quarts	Milk		
6 ounces (1 cup)	Chopped onion		
	Salt, as needed		
8-1/4 dozen	Buns, split and toasted		

Portion: 1/4 cup. Total cost _____
 Provides 2 ounces protein-rich food. Cost per portion _____

1. Separate fish into small flakes.
2. Cook green pepper in the fat until tender. Add fish, eggs, milk, onion, and salt. Cook slowly, stirring constantly, until egg is set.
3. Use a No. 16 scoop to measure portions. Serve on bun.

* 7 pounds (about 4-1/4 quarts) of other cooked fish flakes may be substituted.

** 1 pound 6 ounces (5-1/2 cups firmly packed) dried whole egg and 1-3/4 quarts water beaten together may be used in place of shell eggs.

